**Pediatric Clearance to Begin Return to Activity following COVID-19 Infection**

Student Name: DOB: Grade: Sport:

Date of symptom onset:

Date of Positive COVID-19 test or diagnosis:

Date of Resolution of symptoms: (based on student/parent report)

Self-isolation end date (can return to school):

Date of next follow up visit with PCP (if indicated):

* **Asymptomatic and Positive COVID- 19**:
  + Patient has self-isolated 5 or more days since the positive test.
  + May start Gradual Return to Activity progression\* on this date: \_\_\_\_\_\_\_\_\_\_\_\_
* **Mild Symptoms and Positive COVID-19:** *Mild symptoms at this time include: Fever higher than 100.4 F for less than 4 days, < 1 week myalgias, chills or lethargy*
  + Patient must self-isolate for at least 5 days after symptom onset and be symptom free (aside from loss of taste or smell) for at least 24 hours before being cleared to start Gradual Return to Activity protocol.
  + May start Gradual Return to Activity progression\* on this date: \_\_\_\_\_\_\_\_\_\_\_\_
* **Moderate Symptoms and Positive COVID-19:** *Moderate symptoms at this time include: Fever higher than 100.4F for greater than 4 days, ≥ 1 week myalgias, chills or lethargy, or non-ICU hospital stay and no signs of MIS-C*
  + Patient has been evaluated by their physician and completed any workup indicated.
  + Patient has self-isolated for at least 10 days after their symptom resolution.
  + May start Gradual Return to Activity progression\* on this date: \_\_\_\_\_\_\_\_\_\_\_\_
* **Severe Symptoms and Positive COVID-19/Hospitalized or MIS-C**: Patient will require Cardiology clearance to start Gradual Return to Activity progression\* at least 3-6 months after infection.
* **Remote history of COVID**-**19 infection AND currently asymptomatic after return to sport**
  + Patient is fully cleared for continued participation as long as remains asymptomatic

**All athletes who have been cleared for return to sport must continue to wear a well-fitting mask FULL-TIME when around others, including during exercise, until 6-10 days after positive test or symptom onset. If symptoms return during exercise, they should return to isolation and discontinue activity through day 10.**

**Any return of symptoms during Graduated Return to Activity requires patient to contact our office**

Please contact our office if you have any further questions or require further clarification.

Provider Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Provider Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Graduated Return to Activity protocol is intended for 12 years old and up. Children <12 may return to physical activity as tolerated.